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Rehabilitation Instructions

Anterior Cruciate Ligament Reconstruction

Phase I (0-4 weeks):

Brace: Brace locked in full extension for ambulation and sleeping until post-op visit.

- Unlock at 2 weeks (if good quad control) and remove for sleeping.
- Discontinue when can SLR without brace

Weight Bearing:

- WBAT with crutches, discontinue crutches when able to walk without a limp

Range Of Motion (AROM):

- AROM 0-90 degrees (no open chain extension 40-0 degrees for 6 weeks)

Therapeutic Exercise:

- Patella mobilization
- SLR supine with brace locked at 0 degrees

Phase II (4-6 weeks):

ROM:

- Progress to FROM

Therapeutic Exercises:

- Half squat/ Weight Shifts/ Proprioception training
- Initiate Step Up program
- Stationary bike
- Begin toe raises

Phase III (6-14 weeks):

Therapeutic Exercises:

- Progressive Squat program, Leg Press 45-90 degrees; Lunges
- Initiate Step Down program
- Isotonic Knee Extensions 90-0 degrees
- Closed kinetic chain agility exercises (Multi-directional sport cord)

Phase IV (14-22 weeks):

Therapeutic Exercises:

- Continue Strengthening & Flexibility program
- Advance Sports-Specific Agility drills
- Start Plyometric program (Drop-jump screening test)

Phase V (>22 weeks):

Therapeutic Exercises:

- Test neuromuscular control with Drop-jump screening test
- Test single leg hop for distance, triple hop for distance
- Return to Sport (MD Directed)

Return to Activities:

- Upper extremity weight training, swimming 3 weeks
- Biking 8 weeks
- Jog 12 weeks
- Cutting/ Pivoting drills 16 weeks